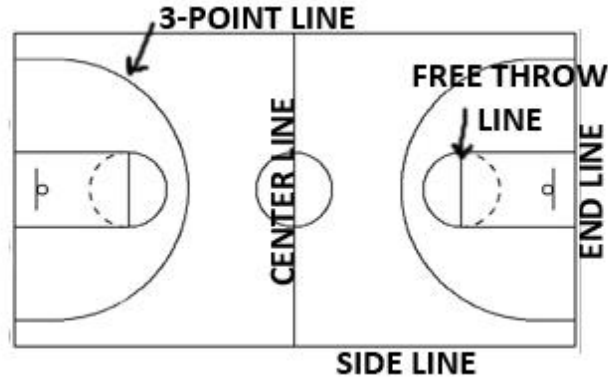


BASKETBALL IN REVIEW

THE GAME: A five member team sport played on a court with two backboards supporting baskets at either end.

The rim of the basket measures 10' from the floor. The object of the game is to score (make more baskets than you opponent in the timed 4 eight minute quarters).

THE COURT:



SCORING: A field goal (a basket made from the field) by a player located behind the 19'9" line counts as 3 points.

Any other field goal made counts 2 points. A free throw (a basket made from the free throw line after a foul) counts 1 point. (The free throw line is 15' from the basket).

PLAYING THE BALL: The game is started by a tip off (jump ball) in the center circle. After each goal, the ball is put in play outside the end line by the team that did not score.

EVERY PLAYER

.....may dribble (bouncing the ball with control with one hand as the player moves down the floor.)

.....may pass (move the ball by throwing, bouncing, batting, handing or rolling the ball to another player.)

.....may shoot (throwing the ball toward the basket in an attempt to put the ball through the hoop.)

.....may pivot (step once or more times in any direction with the same foot, holding the other foot, called the pivot foot stationary.)

OBJECT is to work the ball between teammates (avoiding defense) so that one of them has the opportunity to shoot for the basket. The team has 10 seconds to get the ball from the backcourt to the forecourt and then 30 seconds to shoot for a basket before the ball goes to the opposite team. (This prevents the stalling tactic.)

VIOLATIONS: An infraction of the rules resulting in a throw-in from out-of-bounds for the opponents.

- a) Cause the ball to go out-of-bounds.
- b) Double dribble (dribbling a 2nd time in succession.)
- c) Traveling with the ball (moving the feet with the ball in the hands.)
- d) Kicking the ball.
- e) Striking the ball with the fist.

- f) Commit basket interference or goaltend.
- g) Throw-in violation – taking more than 5 seconds to throw or stepping on the line during the throw.
- h) Free throw violation.
- i) Jump ball violation.
- j) Remain more than 3 seconds within the free throw lane without the ball if you are an attacker.

FOULS: Breaking of these rules may give the opponents one or two chances for a free throw.

- a) PERSONAL FOULS.....involving
 - Pushing
 - Charging
 - Tripping
 - Holding
 - Body contact
- b) TECHNICAL FOULS.....involving
 - Delay of game
 - Unsportsmanlike conduct
 - Illegal entry
 - Excessive timeouts

FOR PERSONAL FOULS, the offender is charged with one foul, a fifth personal foul results in disqualification.

THE OFFENDED player is awarded:

- a) One free-throw if the foul occurred during a field goal attempt and the basket was made.
- b) Two free-throws if the foul occurred during a field goal attempt and the basket was missed.
- c) no free-throw, but the ball is awarded to the offended player's team out-of-bounds if it was before the 5th common team foul of the half (in a game played in quarters.)
- d) one free-throw plus a bonus free-throw if the first one is made, when the 5th common foul has occurred.

FOR TECHNICAL FOULS, the offended team is awarded a free-throw as well as the ball out-of-bounds.

OTHER TERMS:

- DRIVEan aggressive move toward the basket with the ball.
- FAKE (FEINT)a deceptive move with the ball to pull away the defense.
- FASTBREAKquickly moving down court before the defense can set up.
- FUMBLEaccidental loss of player control.
- FULL COURT PRESSteam guards closely in the back court as well as the frontcourt.
- GIVE AND GOoffensive player passes to a teammate and then cuts for the basket expecting a return pass.
- MAN-TO-MANeach player guards an assigned individual.
- TURNOVERany loss of the ball possession without a shot taken.
- TIE BALLtwo players of opposing teams place one or both hands firmly on the ball at the same time or when a player places one or both hands firmly on the ball already held.
- ZONE DEFENSEplayers cover assigned court areas, rather than specific individuals.